

Alliance ENT & Hearing Center

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Home Care Following Tonsillectomy or Adenoidectomy

Bleeding:

- Call your doctor or go to the Emergency Room immediately for ANY bleeding.
- Observe your child for increased swallowing or excessive drainage in the back of the throat, this could be due to bleeding.
- A white membrane normally forms in the throat and the breath may be unpleasant for 2 weeks.

Vomiting:

- Vomiting after removal of tonsils and/or adenoids can be a common occurrence, but it should go away within 24 hours.
- Small amounts of dark brown blood in the vomit during the first few hours are expected.

Activity:

- While sleeping, position the patient on their side or stomach for the first 24 hours.
- Rest and limit activity for 2 weeks. No gym class or extreme exertion for 2 weeks. (1 week if adenoidectomy alone).
- Children may resume school after one week, if they feel well enough.

Diet:

- Avoid crunchy foods or foods with sharp edges for 2 weeks (2 days for adenoidectomy alone).
- Give clear, cool fluids in frequent small amounts to lessen the effect of the surgery on the throat. Bland, lukewarm foods are easiest to swallow. Acidic juices cause burning. Avoid hot temperature or spicy foods.

Discomfort:

- The amount of pain felt is different for each person, but pain is expected for 1-2 weeks.
- No aspirin or ibuprofen products until seen by your surgeon.

- Severe ear pain is also common after this surgery. Usually begins on the 3rd day and lasts 1 week.
- Tylenol with codeine may be given for severe pain but it sometimes causes nausea or constipation. Milk of Magnesia or fruit juices may relieve the discomfort.
- Consider giving Tylenol with codeine or plain Tylenol every 4 hours for the first few days.
- If the child is refusing fluids: Give Tylenol with codeine first and then 30 minutes later, offer liquids.
- A cool mist humidifier may help keep the throat and mouth moist.

Notify your doctor with any of the following:

- Difficulty in breathing
- Bleeding
- Not drinking fluids after 24 hours
- Excessive vomiting
- Temperature greater than 101 degrees orally.

Appointments:

- Call 414-727-0910 to schedule a post-op appointment to see your doctor in 2-3 weeks.